

# This month in wjm

## Women with recurrent cystitis may not benefit from further tests

At least one in 10 women will experience cystitis and 20% of these will suffer a recurrence. Recurrent bouts of cystitis are painful and irritating for women, who may become rapidly confused by conflicting treatment suggestions from both physicians and the media. On p.274 Lisa Chew and Stephan Fihn provide an evidence based guide to the management of this condition; how to prevent further infections with minimal adverse effects. There is little evidence that further investigations are useful for most women, but taking nitrofurantoin or a quinolone within two hours of sexual intercourse does reduce recurrence rates.

## Who should decide when treatment stops?

Most people die in hospitals, so it's not uncommon for clinicians to make decisions about when treatment should stop. But what should happen when physicians feel patients cannot improve but families insist on more invasive treatment? On p.287, a working group from the Bay Area Network of Ethics Committees suggests a set of guidelines to resolve conflicts arising over futile medical treatment. On p.291, an author of a book on medical futility argues that such policies exist only for the physicians' benefit, and a lawyer warns that physicians may not be safe against malpractice suits. In Op-Ed on p.254, ethicist Charles Weijer claims that medical futility is a morally harmful concept.

## Chinese herbal creams may contain steroids

Patients with eczema often report success with Chinese herbal creams. Keane et al (p.257) decided to analyze the content of creams used by their patients and found that most contained dexamethasone in various concentrations. The preparations were often supplied in unlabeled containers without clear instructions. The authors call for closer regulation of herbal medicines to ensure adequate labeling and to prevent dispensing of unlicensed products in the guise of herbal treatments.

## New drug therapies may reduce radiographic signs of rheumatoid arthritis

Drug treatments for rheumatoid arthritis are usually aimed at relieving pain and inflammation. At least 2 million Americans suffer from this chronic and debili-

tating condition. In the past year new drugs have come on to the market that are aimed at reducing both symptoms and physical signs of the disease, and in Medicine Cabinet on p.278, Edgar R. Arriola and Nancy P. Lee discuss whether these drugs work, their side effects, and cost effectiveness. One drug, an immunomodulatory agent, is reported to reduce signs of erosions and loss of joint space on radiographs.

## Taking a sexual history can cause embarrassment

Both physicians and patients can get embarrassed talking about sexual problems. In Toolbox on p.284, John Tomlinson and Etan C. Milgrom suggest how you can get patients to open up about sex, and how much you can learn from observing body language. They advise open ended questions rather than taking an accusatory tone, as in, "You've never been with a prostitute have you?"

## Medical practice reflects social as much as scientific values

Lobotomies were once a popular treatment in psychiatry, although few would now argue that they work. Joel Braslow's examination of the historical records of Stockton Psychiatric Hospital on p.293 shows that most lobotomies were done for uncontrollable behavior, and the majority were carried out on women. There was no scientific rationale for this sexual discrimination. The operations were performed because they left patients docile and indifferent—personality traits thought to be more suited to women.

## Jehovah's Witnesses don't all agree on refusing blood products

There are over 10 million Jehovah's Witnesses worldwide, many of them carrying the blood card that states they do not want to be given blood. But, as Osamu Muramoto points out on p.297, the religion bans some blood products while endorsing others. Plasma and platelets are forbidden on pain of exclusion from the religion, while stem cells and bone marrow are allowed. Not only are regulations increasingly complex as new blood technologies emerge, but some Jehovah's Witnesses have set up a reform group that supports the use of blood products by its adherents. Muramoto advises that physicians be sure to discuss blood products fully with their Jehovah's Witness patients.

# wjm

wjm western journal of medicine

221 Main Street, PO Box 7690, San Francisco, California 94120-7690

#### Co-editors:

Michael S Wilkes, Los Angeles, CA  
mwilkes@ucla.edu

Miriam Shuchman, Buffalo, NY  
shuchman@acsu.buffalo.edu

#### Deputy Editor:

Luisa Dillner, London, UK  
ldillner@bmj.com

#### Editorial Manager:

Catherine Nancarrow  
wjms@pacbell.net  
Tel 415-974-5977  
Fax 415-882-3379

#### Business & Marketing Manager:

Ruth Staunton  
rstaunton@bmjgroup.com  
Tel 415-974-1071  
Fax 415-882-3379

#### Associate Editors:

David Grossman, Seattle, WA  
Jerome Hoffman, Los Angeles, CA  
Richard Kravitz, Davis, CA  
John Takayama, San Francisco, CA

#### Section Editors

##### Medical Humanities

Janice L Willms, Santa Barbara, CA

##### Med.Pix

Richard Usatine, Los Angeles, CA

##### Evidence-Based Medicine

Nathan Link, New York, NY

##### Cultural Medicine

Geri Ann Galanti, Los Angeles, CA

##### eWJM

Doug Bell, Los Angeles, CA  
Mark Granoff, Los Angeles, CA

#### Editorial Advisors

Elaine Batchlor, Oakland, CA  
Joel Braslow, Los Angeles, CA  
David Carlisle, Los Angeles, CA  
Mitch Feldman, San Francisco, CA  
Lillian Gelberg, Los Angeles, CA  
Jan Gurley, San Francisco, CA  
Seth Landefeld, San Francisco, CA  
Gina Moreno-John, San Francisco, CA  
Stephen McPhee, San Francisco, CA  
Sylvia Ramos, Albuquerque, NM  
Peter Rudd, Palo Alto, CA  
Robert Tibshirani, Palo Alto, CA  
Jeffrey Tice, San Francisco, CA  
Howard Waitzkin, Albuquerque, NM  
Mary White, San Francisco, CA

#### Editorial Board

Ann Alpers, San Francisco, CA  
Margaret Battin, Salt Lake City, UT  
William A Boehm, Alamogordo, NM  
Rubin Bressler, Tucson, AZ  
Robert Brook, Los Angeles, CA  
Haile T Debas, San Francisco, CA  
Thomas DeCoster, Albuquerque, NM  
Albert Deisseroth, Houston, TX  
Sandy Feldman, La Jolla, CA  
Alan Fogelman, Los Angeles, CA  
J Christian Gillin, San Diego, CA  
Gary Glazer, Stanford, CA  
John Greenlee, Salt Lake City, UT  
John H Holbrook, Salt Lake City, UT  
Philip Hopewell, San Francisco, CA  
Vince Iacolino, Las Vegas, NV  
Lewis Judd, La Jolla, CA  
Norman Kahn, Kansas City, MO  
Carol Lake, Sacramento, CA

Alex G Little, Las Vegas, NV

Jerold M Lowenstein, San Francisco, CA

Joseph L Lyon, Salt Lake City, UT

Julie G Madorsky, Pomona, CA

Michael L Manco-Johnson, Denver, CO

Daniel Mishell Jr, Los Angeles, CA

Albert A Moss, Seattle, WA

Thomas E Norris, Seattle, WA

George A Ojemann, Seattle, WA

Linda Rosenstock, Washington, DC

Paul Rousseau, Phoenix, AZ

Irwin J Schatz, Honolulu, Hawaii

Joe Schoeber, Casper, WY

Joe Selby, Oakland, CA

Martin Shapiro, Los Angeles, CA

Linda Shortliffe, Stanford, CA

Norman E Shumway, Stanford, CA

Anthony So, New York, NY

Reginald Strickland, Albuquerque, NM

Diane Wara, San Francisco, CA

Stephen I Wasserman, San Diego, CA

Ronald Weinstein, Tucson, AZ

Cliffon R White Jr, Portland, OR

Leslie Wiener, Los Angeles, CA

Charles Wilson, San Francisco, CA

#### Submitting manuscripts

Send manuscripts to Catherine Nancarrow at the above address. Instructions for authors are published in the May 1999 issue and are available on request.

#### Subscriptions

To order your subscription, contact  
Jennifer Paige  
WJM, Box 590A,  
Kennebunkport ME 04046;  
Tel 800-236-6265  
Fax 800-232-9265  
E-mail bjpaige@cybertours.com

1999 Subscription rates:

Regular rate \$70 US/Canada;  
\$85 Other

Institutional rate \$120 US/Canada;  
\$130 Other

Student, Group and Association rates  
available on request  
Single copies \$15 US/Canada

#### Display advertising and reprints

Contact Marsha Fogler  
Medical Reprint Services,  
PO Box 3227,  
Cherry Hill, NJ 08034;  
Tel 800-482-1450  
Fax 609-482-7414  
E-mail fogler@erols.com

Advertisements: Artwork for display  
advertising must be received no later than  
the first of the month preceding issue.

Advertising rates will be sent on request.

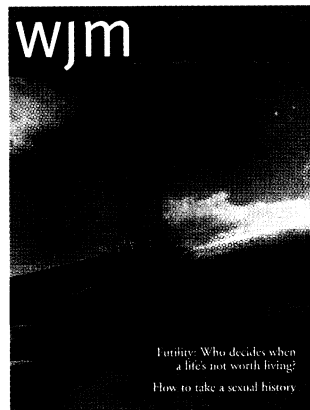
Acceptance of advertising is contingent upon  
approval by the Publisher. WJM reserves the  
right to refuse any advertisement.

#### Classified advertising

Contact Ruth Staunton at WJM Western  
Journal of Medicine, 221 Main Street, PO  
Box 7690, San Francisco, CA 94120-7690;  
tel 415-974-1071; fax 415-882-3379;  
e-mail rstaunton@bmjgroup.com

#### WJM Western Journal of Medicine

(ISSN 0093-0415/USPS 084 480)  
is published monthly by BMJ Publishing  
Inc., 221 Main Street, PO Box 7690,  
San Francisco, CA 94120-7690. Copyright  
© BMJ Publishing Inc. 1999. All Rights  
Reserved. Periodicals postage paid at San  
Francisco, CA and additional mailing offices.



May 1999

Yucca plant as seen in White Sands  
National Monument, New Mexico

## Op-Ed

### 252 To our readers

Michael S Wilkes, Miriam Shuchman

### 253 Rethinking case reports

Jerome R Hoffman

### 254 Medical futility

Charles Weijer

## Mail

### 255 The power of herbs

Paul Gahlinger

### 256 A warm welcome

Western Medical Associations

## Original Research

### 257 Analysis of Chinese herbal creams prescribed for dermatological conditions

FM Keane, SE Munn, AWP du Vivier,  
EM Higgins, NF Taylor

### 259 Commentary

Stephen Bent

### 260 Historical cohort study of in utero exposure to uterotonic drugs and cognitive function in young adult life

Henrik Toft Sørensen, Flemming Hald Steffensen,  
Svend Sabroe, Kenneth J Rothman,  
Matthew W Gillman, Peer Fischer

### 262 Commentary

Kristin Yaffe, Sumner J Yaffe

## Med.Pix

### 263 Herpes zoster distribution— a lesson in anatomy

Richard P Usatine, Carmine Clemente



WJM is owned by BMJ Publishing Group and UCSF Stanford Health Care.

WJM is the official journal of the following medical associations:  
Alaska, Arizona, California, Denver, Idaho, Nevada, New Mexico, Utah,  
Washington, and Wyoming

### Advice to authors

We prefer to receive all responses electronically as e-mail or on a disk. Processing your letter will be delayed unless it arrives in an electronic form. Responses should be under 400 words and relate to articles published in the preceding three months. They should include <5 references, in the Vancouver style, including one to the *WJM* article to which they relate. We welcome illustrations. Please supply each author's current appointment and full address, and phone, fax or e-mail details for the corresponding author. We ask authors to declare any competing interest. Letters will be edited and may be shortened.

wjmsf@pacbell.net

practice and was coming down with three or four viral upper respiratory infections myself every year, the inevitable consequence of bad food, not enough sleep, and treating countless sneezing and sniffing patients. I was not enthusiastic about enduring these same symptoms during my short vacation in Switzerland.

"Why don't you try this?" my cousin said, holding up a small brown bottle with a plain typewriter label. "It is dog fat—rendered oil from a dog. The herbalist in the village recommends it for colds."

I pried off the cap, took a whiff, and poured a slight amount onto my fingers. It had a greasy feel and distinct odor of wet dog.

"I recommend you take it with some brandy—might make it a bit easier to go down," he added helpfully when he saw the look of distaste on my face.

"Does it work?" I asked.

**"It occurred to me that my cold was just about gone anyway."**

"Well," he admitted sheepishly, "I've never actually tried it. Take it. You can have the bottle." I looked at him skeptically. He quickly added, by way of explanation, "You know, I never get sick, so I don't really need it."

I studied the brown bottle. The label advised a teaspoon, preferably warm, three times a day between meals, and pleasantly suggested that the elixir might be combined with fresh lemon juice and honey. It occurred to me that my cold was just about gone anyway.

Trying the dog fat now wouldn't really be a fair trial, would it? Better to wait until the next cold. Yes, I would keep this bottle and right at the prodrome, I would take it according to the directions.

For the past six years the bottle has sat in my bathroom cabinet, right next to

the ibuprofen, the cologne, and the skin moisturizer.

Whenever I feel the first hint of a cold—a vague feverish discomfort, slightly burning face, or irritable sore throat—I look at that brown flask. Hundefett. It is still completely full, since my symptoms somehow vanish and I have never again come down with a cold.

Paul Gahlinger, MD, PhD, MPH  
88 K Street  
Salt Lake City, UT 84103

### A Warm Welcome

Dear Drs Wilkes and Shuchman,

A warm welcome to the all-new *WJM*! We are excited about the changes to the journal. We feel that the new journal will offer our physicians practical clinical information of the highest quality. You and your editorial board worked hard on this relaunch, and your efforts are reflected in the many new sections, such as Best Practice and Culture and Medicine, intended to create an enjoyable, readable, and trustworthy journal. We also eagerly await *eWJM*, the user-friendly, web-based collection of articles, reviews, pictorial quizzes, and medical events occurring in the Western states and provinces.

Most importantly, we look forward to working with you to assure that health care practitioners receive the type of clinical information they need to continue improving patient care as we head into the new millennium. We hope these new ideas will both stimulate and remind them of the glories of practicing medicine even in this difficult environment.

We welcome *WJM* and wish you the very best!

Jack Lewin, MD  
EVP/CEO, California Medical Association

George P Bunch, MD  
President, New Mexico Medical Society

Robert K Seehusen  
Executive Director and CEO, Idaho Medical Association

# Continuing Medical Education

ARIZONA • CALIFORNIA, HAWAII, NEVADA • COLORADO • IDAHO • NEW MEXICO • UTAH • WASHINGTON • WYOMING



## ARIZONA

All courses listed have been certified as meeting the criteria for Category I of the ArMA CME Certificate and the AMA Physicians Recognition Award. To list Category I CME programs, please send information to Arizona Medical Association, 810 West Bethany Home Road, Phoenix, AZ 85013; or phone 602-246-8901.

Brochures and registration forms are available from the contact person or organization sponsoring the program.

**OCTOBER 29-31, 1999: Neurology for the Non-Neurologist.** The Phoenician, Scottsdale, AZ. CME 11 hrs Category I. Contact: Linda Main, Meetings Coordinator, MER, 1500 West Canal Court, Suite 500, Littleton, CO 80120-4569; tel 800-421-3756; fax 303-798-5731.

**DECEMBER 10-12, 1999: Managing Respiratory Disease.** The Phoenician, Scottsdale, AZ. CME 11 hrs Category I. Contact: Linda Main, Meetings Coordinator, MER, 1500 West Canal Court, Suite 500, Littleton, CO 80120-4569; tel 800-421-3756; fax 303-798-5731.

### CONTACT INFORMATION

**Mayo Clinic-Scottsdale Contact**—Postgraduate Courses, Mayo Clinic-Scottsdale, 602-301-7447; **U of A Contact**—University of Arizona College of Medicine, Arizona Health Sciences Center, Tucson, AZ 85724, 520-626-7832; 800-328-5868.



## CALIFORNIA, HAWAII, NEVADA

All courses and meetings listed are approved for Category I credit toward the CMA Certificate in CME. To list accredited courses here, please send information at least two months in advance to Paulette Richardson, Continuing Medical Education, California Medical Association, PO Box 7690, San Francisco 94120-7690; or phone 415-882-3387. For more information on accreditation or certification, please write to the above address.

### ALLERGY/IMMUNIZATION

**AUGUST 13-15, 1999: A Midsummer Night's Wheeze.** California Society of Allergy, Asthma and Immunology at La Costa Resort and Spa, Carlsbad, CA. 12 hrs. \$145-\$199. Contact: CSAAI Conference Management; tel 714-828-8022.

### ANESTHESIOLOGY

**NOVEMBER 5-7, 1999: 11th Annual Anesthesiology Update.** Monterey Plaza, Monterey, California. Contact: 916-734-5390.

### EMERGENCY MEDICINE

**JUNE 3-4, 1999: Improving Emergency Department Patient Satisfaction and Reducing Length of Stay.** Holiday Inn Chicago City Centre, Chicago, IL. Contact: CEME, 5330 Primrose Drive, Suite 250, Fair Oaks, CA 95628; tel 800-651-2363.

**AUGUST 16-19, 1999: National Emergency Medicine Board Review.** American College of Emergency Physicians at Harrah's Las Vegas, NV. Mon-Thurs. 40 hrs. \$895. Contact: Center for Emergency Medical Education 800-651-CEME (2363).

### ENDOCRINOLOGY

**OCTOBER 22-24, 1999: Clinical Endocrinology for Primary Care Physicians.** Tropicana, Las Vegas, NV. CME 11 hrs Category I. Contact: Linda Main, Meetings Coordinator, MER, 1500 West Canal Court, Suite 500, Littleton, CO 80120-4569; tel 800-421-3756; fax 303-798-5731.

### ETHICS

**SEPTEMBER 22-25, 1999: Legal Issues in Damaged Brain Injury Cases.** UC Davis at Westin St. Francis Hotel, San Francisco, CA. Contact: UCD 916-734-5390.

### FAMILY PRACTICE/PRIMARY CARE

**JUNE 5-7, 1999: 8th Annual Primary Care Treatment of Pain.** UC Davis at Tenaya Lodge at Yosemite Fish Camp, CA. Contact: UCD 916-734-5390

**JUNE 13-18, 1999: 23rd Annual Fingers to the Toes Primary Care Orthopaedics.** UC Davis at Stanford Sierra Camp, near South Lake Tahoe. Contact: UCD 916-734-5390

**JUNE 25-27, 1999: Dermatology for the Non-Dermatologist.** Medical Education Resources at the Hyatt Regency Alicante, Anaheim, CA. 11 hrs. Contact: Linda Main, Meetings Coordinator, MER, 1500 West Canal Ct., Ste. 500, Littleton, CO 80120-4569; tel 800-421-3756.

**JULY 5-8, 1999: Family Practice Board Review Course.** UCSF at Fairmont Hotel, San Francisco, CA. 25 hrs. \$525-\$575. Contact: Program Coordinator, Dept. Family and Community Medicine, 500 Parnassus Ave, MU-3E, SF, CA 94143-0900; tel 415-476-5250.

**JULY 25-29, 1999: 19th Annual Current Concepts in Primary Care Cardiology.** UC Davis at Granlibakken Conference Center, Tahoe City, CA. Contact: UCD 916-734-5390.



**JULY 30-AUGUST 1, 1999: Coronary Heart Disease Update.** Medical Education Resources at Tenaya Lodge, Yosemite, CA. 11 hrs. Contact: Linda Main, Meetings Coordinator, MER, 1500 West Canal Ct., Ste. 500, Littleton, CO 80120-4569; tel 800-421-3756.

**AUGUST 6-8, 1999: Managing Respiratory Diseases.** Medical Education Resources at the Hyatt Regency Monterey, CA. 11 hrs. Contact: Linda Main, Meetings Coordinator, MER, 1500 West Canal Ct., Ste. 500, Littleton, CO 80120-4569; tel 800-421-3756.

### INTERNAL MEDICINE

**AUGUST 22-27, 1999: New Advances in Internal Medicine.** UC Davis at Embassy Suites, Monterey, CA. Contact: UCD 916-734-5390.

### OB/GYN

**SEPTEMBER 25-26, 1999: Ultrasound Update: 1999.** Hilton Hotel, Sacramento, CA. 916-734-5390.

**DECEMBER 10-12, 1999: Issues in Women's Health.** Tropicana, Las Vegas, NV. CME 11 hrs Category I. Contact: Linda Main, Meetings Coordinator, MER, 1500 West Canal Court, Suite 500, Littleton, CO 80120-4569; tel 800-421-3756; fax 303-798-5731.

### OCCUPATIONAL & ENVIRONMENTAL

**AUGUST 5-6, 1999: Occupational & Environmental Toxicology for the Health & Safety Professional.** UC Berkeley. Holiday Inn Bay Bridge, Emeryville, CA. Contact: Center for Occupational & Environmental Health, UC Berkeley, Richmond Field Station, 1301 S. 46th St., Bldg. 102, Richmond, CA 94804; tel 510-231-5645; <http://socrates.berkeley.edu/~coehce/>.

### ORTHOPEDICS

**JUNE 13-18, 1999: 23rd Annual Fingers to the Toes Primary Care Orthopaedics.** Stanford Sierra Camp, near South Lake Tahoe, Fallen Leaf Lake, CA. Contact: 916-734-5390.

### PEDIATRICS

**JUNE 4-7, 1999: Pediatric Environmental Health: Putting It Into Practice.** Children's Environmental Health Network. Westin St. Francis, San Francisco, CA. \$250-350. Contact: Children's Environmental Health Network, 510-597-1393, ext. 14, or [cehn@cehn.org](mailto:cehn@cehn.org).

**JULY 16-17, 1999: Seventh Annual Pediatric Update.** Sponsored by Lucile Packard Children's Health Services at Stanford and faculty from UCSF and Stanford Schools of Medicine. Lucile Packard Children's Hospital. Contact: Elinor Meyer, Continuing Medical Education and Physician Relations Department, Lucile Packard Children's Hospital, 725 Welch Road, Palo Alto, CA 94304; tel 650-497-8554.

### PRIMARY CARE

**JUNE 5-7, 1999: 8th Annual Primary Care Treatment of Pain.** Tenaya Lodge at Yosemite, Fish Camp, CA; tel 916-734-5390.

**JULY 25-29, 1999: 19th Annual Current Concepts in Primary Care Cardiology.** Granlibakken Conference Center, Tahoe City, CA; 916-734-5390.

**OCTOBER 22-24, 1999: Clinical Endocrinology for Primary Care Physicians.** Tropicana, Las Vegas, NV. CME 11 hrs Category I. Contact: Linda Main, Meetings Coordinator, MER, 1500 West Canal Court, Suite 500, Littleton, CO 80120-4569; tel 800-421-3756; fax 303-798-5731.

### RADIOLOGY

**SEPTEMBER 25-26, 1999: Ultrasound Update: 1999.** UC Davis at Hilton Hotel, Sacramento, CA. Contact: UCD 916-734-5390.

### GENERAL/MULTIDISCIPLINARY

**JUNE 22-29, 1999: Wellness in Practice: Mindfulness-Based Stress Reduction in Mind/Body Medicine.** Enloe Medical Center at Mana Le'a Retreat Center, Maui. Contact: Maui Stress Reduction Retreats, Steve; tel 530-898-1495.

**AUGUST 24-25, 1999: BLS Instructor Course.** American Heart Association at San Leandro. 11 hrs. Contact: CPR Seminars; tel 925-754-7900.

**OCTOBER 15-17, 1999: Physician Leadership Program.** California Academy of Family Physicians at Laurel Heights Conference Center, SF. 20 hrs. \$1,245-\$1,395. Contact: Laura Johnson Morasch; tel 415-394-9121; [www.familydocs.org/Orgs?hcli.html](http://www.familydocs.org/Orgs?hcli.html); e-mail: [HCLI@familydocs.org](mailto:HCLI@familydocs.org).

### LOSS PREVENTION

**SEPTEMBER 22-25, 1999: Legal Issues in Damaged Brain Injury Cases.** Westin St. Francis Hotel, San Francisco, CA; Contact: 916-734-5390.

#### HOME STUDY/SELF ASSESSMENT

**California Physicians' Legal Handbook Series.** California Medical Association. Contact: CMA, PO Box 7690, San Francisco 94120-7690; tel 800-882-1262.

**Breast Cancer, Early Detection and Control.** Texas Medical Association. CD rom. \$70. 2 hrs. Contact: Texas Medical Association; tel 800-880-1300; [http://www.texmed.org/health\\_science/hs\\_poep.html](http://www.texmed.org/health_science/hs_poep.html)



#### COLORADO

To list CME programs here, please send information at least two months in advance to: Mr Robert L. Kennedy, Denver Medical Society, 1850 Williams Street, Denver, CO 80218; or phone 303-377-1850. Brochures, course information, and registration forms are available from the contact person or organization.

**TUESDAY NOON CONFERENCES: Various Topics in Medicine.** Lutheran Medical Center, Wheat Ridge. Contact: Jean A. Kline; tel 303-425-2951.

**FIRST WEDNESDAY OF EACH MONTH: Various Topics in Neurology.** Colorado Society of Clinical Neurologists. Contact: Colorado Society of Neurologists; tel 303-449-3566.

**SECOND WEDNESDAY OF EACH MONTH: Cardiovascular Education Series.** St Anthony Hospital at St Anthony Hospital, Denver. Contact: Rose Powell; tel 303-629-3678.

**JUNE 17-19, 1999: Issues in Women's Health.** Hyatt Regency, Grand Cayman. Contact: Linda Main, Meetings Coordinator, MER, 1500 West Canal Court, Suite 500, Littleton, CO 80120-4569; tel 800-421-3756, 303-798-9682 or fax 303-798-5731.

**JUNE 18-20, 1999: Neurology For The Non-Neurologist.** Buena Vista Palace, Orlando, FL. Fee \$375. Contact: Linda Main, Meetings Coordinator, MER, 1500 West Canal Court, Suite 500, Littleton, CO 80120-4569; tel 800-421-3756, 303-798-9682 or fax 303-798-5731.

**JUNE 24-26, 1999: Clinical Endocrinology For Primary Care Physicians.** Sonesta Beach Resort, Bermuda. Fee \$375. Contact: Linda Main, Meetings Coordinator; MER, 1500 West Canal Court, Suite 500, Littleton, CO 80120-4569; tel 800-421-3756 or 303-798-9682; fax 303-798-5731.

**JUNE 25-27, 1999: Coronary Heart Disease Update.** Sheraton Fiesta Beach Resort, S. Padre Island, TX. Fee \$375. Contact: Linda Main, Meetings Coordinator; MER, 1500 West Canal Court, Suite 500, Littleton, CO 80120-4569; tel 800-421-3756 or 303-798-9682; fax 303-798-5731.

#### CONTACT INFORMATION

**U of Colo**—Contact: University of Colorado Health Sciences Center, School of Medicine, Office of Continuing Medical Education, 4200 E 9th Ave, Denver 80262; phone 303-372-9050 or 800-882-9153; fax 303-372-9065.



#### IDAHO

To list CME programs here, please send information at least two months in advance to: Ada County Medical Society, Inc. 305 W. Jefferson, PO Box 2668, Boise, Idaho 83701; phone 208-336-2930. Brochures, course information, and registration forms are available from the contact person or organization.



#### NEW MEXICO

Information, requests for accreditation, and items to be listed should be sent to the chair of the CME Committee, New Mexico Medical Society, 7770 Jefferson, Suite 400, Albuquerque, NM 87109, at least two months in advance. For information on CME accreditation or on the CME requirements of the New Mexico Board of Medical Examiners, please write to the above address or phone 505-828-0237.

**NOTE:** Course information in the following listing is subject to change on occasion. Check with the sponsoring institution for current details.

**EVERY FIRST AND THIRD TUESDAY: Building and Implementing Clinical Practice Guidelines at the Point of Care.** Contact: Thomas A. Naegele, DO; tel 505-275-7267.

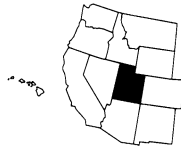
**JULY 30-AUGUST 1, 1999: Neurology for the Non-Neurologist.** Eldorado Hotel, Sante Fe, NM. CME 11 hrs Category I. Contact: Linda Main, Meetings Coordinator; MER, 1500 West Canal Court, Suite 500, Littleton, CO 80120-4569; tel 800-421-3756; fax 303-798-5731.

#### SATELLITE COURSES

**CONTACT:** Joe Treat or Jim Cato, Immunization Program; tel 505-827-2366.

#### CONTACT INFORMATION

**UNMSOM**—University of New Mexico School of Medicine, Office of CME, PO Box 713, Albuquerque NM 87131; tel 505-277-3942.



## UTAH

All courses listed meet the criteria for Category 1 of the Physician's Recognition Award of the AMA. To list AMA Category 1 CME courses, send information at least two months in advance to the Office of Continuing Medical Education, 540 East Fifth South, Salt Lake City, UT 84102; or phone 801-355-7477. For information on CME accreditation, please write the CME office at the above address. NOTE: Course information in the following listing is subject to change on occasion. Check with the sponsoring institution.

### MEDICAL GRAND ROUNDS

**Weekly: Grand Rounds in Internal Medicine, Psychiatry, OB/GYN, and Pediatrics.** Contact: UUSM.

**Weekly: Pediatric Grand Rounds.** Contact: PCMC.



## WASHINGTON

The listing of continuing medical education programs in Washington state is compiled by the Washington State Medical Association. To list Category 1 programs here, please send information at least two months in advance to Continuing Medical Education, Washington State Medical Association, 2033 Sixth Avenue, Suite 1100, Seattle, WA 98121; or phone 206-441-9762 or 800-552-0612.

Brochures and registration forms are available from the contact person or organization listed at the end of each course or in the list of course sponsors and contact information.

### COURSE SPONSORS AND CONTACT INFORMATION

**CME HARBORVIEW**—Contact: Gayle Splater, Cytology Continuing Education, Dept. of Pathology, Harborview Medical Center, 325 Ninth Ave, Seattle, WA 98104; tel 206-223-5953.

**PCMS CME**—Contact: Executive Director, College of Medical Education, 705 S Ninth, No. 203, Tacoma, WA 98405; tel 206-627-7137.

**U/W (UNIVERSITY OF WASHINGTON)**—Contact: U/W School of Medicine, Div. of CME, SC-50, Seattle, WA 98195; tel 206-543-1050.

**VMMC (VIRGINIA MASON MEDICAL CENTER)**—Contact: Linda Orgel, Division of Continuing Medical Education, Virginia Mason Medical Center, PO Box 900, Seattle, WA 98111; tel 206-340-2058.

**WSMA Washington State Medical Association**—Continuing Medical Education, 2033 Sixth Ave, Ste 1100, Seattle, WA 98121; tel 206-441-9762.



## WYOMING

All courses meet the criteria for Category 1 of the Physician's Recognition Award of the AMA. To list AMA Category 1 CME courses here, send information at least two months in advance to the Medical Education Committee, Wyoming Medical Society, PO Box 4009, Cheyenne, WY 82009; e-mail [skeefe@wyomed.org](mailto:skeefe@wyomed.org); tel 307-634-2424; fax 307-632-1973.

**June 16-18, 1999: Annual Meeting/Scientific Session: Wyoming Medical Society.** Jackson Lake Lodge, Moran WY. Contact: Susie Wacker; PO Box 4009, Cheyenne, WY 82003; [swacker@wyomed.org](mailto:swacker@wyomed.org).

## NOTICE

State Associations should send their CME listings in electronic format (e-mail, PC or Mac disks) for publication to:

Catherine Nancarrow, Editorial Manager,  
*WJM Western Journal of Medicine*,  
 PO Box 7690, San Francisco, CA 94120-7690;  
 415-974-5977; fax 415-882-3379; [wjmsf@pacbell.net](mailto:wjmsf@pacbell.net).

# Guidelines for Authors

Our readers represent all disciplines of medicine, but principally primary care physicians. We aim to publish manuscripts that are reliable and lively and that will improve the care of patients, the health of the public, or policies affecting either. Manuscripts should be of interest to a broad range of busy practitioners, physicians in training, and anyone who has an interest in quality health care. The purpose of a paper or letter may be to report, inform, alert, review, and discuss, but, above all, to teach. We aim to give quick and informative decisions on the articles we receive.

---

## Manuscript submission information

Manuscripts should be sent to:  
Managing Editor, Catherine Nancarrow,  
*WJM Western Journal of Medicine*,  
221 Main Street, PO Box 7690,  
San Francisco, CA 94120-7690;  
wjmsf@pacbell.net.

Manuscripts may be submitted via e-mail, but must include print mail address and phone and fax numbers of the correspondent.

Manuscripts must be original, not previously published, and not under consideration by another publisher. If preliminary data were included in another presentation or publication, this should be noted in the cover letter and a copy of that publication should be included.

Any conflict of interest, actual or potential, should be revealed to the Editors (see Letter of Transmittal). Research or project support should be included as a footnote to the manuscript and detailed in the Letter of Transmittal. Obtaining informed consent to protect patients' rights to privacy should be documented according to URM 1997.

All manuscripts should be double-spaced and, including references and abstract but not tables, should not exceed:

- **Original articles:** 2,500 words with a maximum of five tables and 30 references; structured abstract
- **Topics in Review:** 1,500 to 2,000 words with a maximum of 25 references; summary points†

- **Topics for Best Practice:** 2,000 words
- **Evidence-Based Case Reviews:** 2,500 words with two tables and/or figures; summary points†
- **Commentaries:** 600-800 words
- **Letters to the Editor:** 500 words

---

## Structured abstracts

Manuscripts, except for case-based reviews, should include a structured abstract of no more than 250 words with the headings: objectives, design, setting, subjects, interventions, main outcome measures, results and conclusions.

---

## Evidence-based case reviews

Interesting cases presented in an evidence-based, case-based review format provide readers with information and guidance with respect to clinically relevant choices made by practitioners—from diagnostic methods to conclusions as to what might have been done differently given the outcome. Topics to address include:

- epidemiology
- differences in demographic groups
- an evidence-based approach to diagnosis, management, and therapeutics; ethical issues
- cost/economic issues; when to involve a specialist
- what research is needed in the area.

Use of diagrams, tables, and algorithms is highly recommended. Authors should include 5-7 bulleted summary points for a busy primary care provider.

---

## Letters to the editor

Letters must be double-spaced and will be published at the discretion of the Editors. They may be edited for style and brevity. Those of a scientific nature may be subject to peer review.

---

## Letter of transmittal

All authors must sign the letter of transmittal, with one author designated as correspondent and his or her name, address, and telephone and fax numbers included.

A letter of transmittal, except for one accompanying a manuscript from US government employees whose work was done as part of their official duties, must include:

- a paragraph that **transfers copyright**: "In consideration for reviewing and editing my submission, the author(s) undersigned hereby transfers, assigns, or otherwise conveys all copyright ownership to *WJM Western Journal of Medicine*, in the event that such work is published by the journal."
- a statement of **author responsibility** signed by all authors: "I have participated in the conception and design of this work and in the writing of the manuscript and take public responsibility for it. I have reviewed the final version of the



manuscript and approve it for publication. I attest to the validity and legitimacy of data in the manuscript and agree to be named as the lead author or coauthor of the manuscript."

- a description of **sources of funding and the role of sponsors**, including their involvement, if any, in review and approval of the manuscript for publication.
- a statement of **financial disclosure**: "I warrant that I have no financial interest in the drugs, devices, or procedures described in the enclosed manuscript (except as disclosed in the attached statement)."
- a statement that all human subjects involved in experimental investigation gave their **informed consent** and that approval was obtained from the appropriate institutional review board.

### Editorial review

All manuscripts are subject to peer review in addition to review by the Editors to determine the originality, validity, and importance of content and conclusions. *WJM* aims to introduce an open peer review system; reviewers' comments may be signed. Reviewers are required to state all possible conflicts of interest.

All accepted manuscripts are subject to copyediting. The corresponding author receives edited page proofs for approval and minor changes and is responsible for clearing all corrections and changes with coauthors.

### Manuscript preparation

All manuscript materials, including references, tables, figure legends, and abstracts, must be double-spaced.

Please submit the following:

- The original manuscript, two copies, and a copy of the manuscript (including references, tables, and figure legends) on disk (formatted for a PC/Windows platform and labeled with the word processing program used). Allow a margin of 2.5 to 4 cm (1 to 1.5 in) on both sides.

- Figures, black and white or color, in triplicate unmounted 12.7 × 17.8 cm (5 × 7 in) glossy prints (and transparencies for color figures) with the figure number, lead author's name, and top of the photo indicated with a label on the back.

*WJM* encourages the use of illustrations and asks authors to submit photographs for publication. When possible, patients should be asked to sign consent forms before pictures of them are published. This should be clearly stated and proof submitted with the manuscript. If obtaining consent is not possible, the reason should be stated in the cover letter. Changing the data on patients should not be used as a way of securing anonymity.

Figure legends, to be typed in sequence on the same page, should be in complete sentences. A letter of permission to borrow from the copyright holder (the previous publisher) must accompany any figures or tables previously published. The permission of the authors should also be obtained. The Editors discourage the use of borrowed figures or tables.

### Reprints

A form for ordering reprints will be sent to the corresponding author when the article is published.

### References

All references should be cited in the text using superscript numbers and listed in their order of citation. Reference style should follow guidelines adopted by the US National Library of Medicine. The title of the article, name of publication, year of publication, volume number, and first and last page numbers should follow the authors' names.

### Journal articles

Abbreviations of journal titles should conform to those used in Index Medicus. List up to six authors; for seven or more, use et al after listing the first six.

Vega KJ, Pina I, Krevsky B. Heart transplantation is associated with an increased risk for pancreatobiliary disease. *Ann Intern Med* 1996; 124:980-982.

### Books

Ringsven MK, Bond D. *Gerontology and Leadership Skills for Nurses*. 2nd ed. Albany (NY): Delmar Publishers; 1996.

### Personal communications and unpublished data

The use of "personal communication" or "unpublished data" should be avoided and should not be included in the reference list.

### For further information

Questions regarding the Guidelines for Authors may be directed to the Managing Editor in writing at the address above or by telephone 415-974-5977, fax 415-882-3379, or e-mail (wjmsf@pacbell.net).

### Author checklist

- Original double-spaced manuscript and two copies, as well as PC-formatted disk.
- Illustrations, glossies and/or transparencies, identified with lead author's name, plus figure legends that describe fully and in complete sentences what the figure depicts.
- Letter of transmittal that includes release of copyright, statement of conflict of interest, funding source(s), and authorship responsibility, signed by all the authors.
- A 250-word structured abstract.
- Title page that includes current affiliation of all authors and all contact details for the corresponding author (street and e-mail addresses, phone numbers, fax numbers).
- Permission-to-borrow letters for any previously published illustrations or tables.
- Informed consent obtained.